

PRESS RELEASE

For immediate release

18 October 2025

Lung Cancer Europe's 10th report exposes deep emotional toll of lung cancer across 31 countries

Berlin, Germany - Lung Cancer Europe has today launched the largest global survey to date on the psychological and emotional impact of lung cancer, drawing on responses from 2,204 people across 31 countries.

The report reveals the distress, fear and isolation that often go unseen in routine care - and how many people affected by lung cancer are left without the mental health support they need.

- 64% say their mental health has been affected by lung cancer
- 1 in 3 received no psychological support at any point
- Around 60% said they regularly feel fear, anxiety or low mood - yet are often not even asked about it by their healthcare team
- Women and younger people were most likely to report significant emotional distress
- Caregivers also reported feeling overwhelmed and unsupported

"This is the first time we've been able to hear from so many people, across so many countries, about the emotional weight of lung cancer," said Debra Montague, President of Lung Cancer Europe. "The silence around this has gone on too long. You can't treat lung cancer properly without acknowledging the psychological toll - and acting on it."

Psychologist and researcher Valeria Sebri, who specialises in psycho-oncology, will speak at the launch event in Berlin during ESMO 2025.

"The emotional needs of people with lung cancer are often invisible within cancer care," said Dr Sebri. "Behind every scan and treatment plan, there's fear, sadness, and uncertainty - and not enough space to talk about it. This report gives us data, but more than that, it gives us a wake-up call."

The 2025 edition marks the 10th annual Lung Cancer Europe report - a body of work that over the past decade has documented the lived experience of lung cancer in Europe: from stigma and access to treatment, to survival and quality of life.

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This year's report makes the case for integrating mental health into cancer care at every stage, with policy recommendations for building accessible, tailored support - not just for people with lung cancer, but for the people who care for them too.

 Read the full report and download the infographics:

<https://www.lungcancereurope.eu/category/news/>

Notes to Editors

About the 10th Lung Cancer Europe Report

This is the 10th in a series of annual reports by Lung Cancer Europe. Each report explores the real-world experiences of people living with lung cancer and those close to them, focusing on the barriers they face and how systems can respond. This 10th report examines the psychological and emotional impact of lung cancer, drawing on responses from 2,204 individuals across 31 countries. Previous reports have covered access to treatment, diagnosis delays, stigma, clinical trials, and quality of life.

About Lung Cancer Europe

Lung Cancer Europe is a non-profit umbrella organisation representing lung cancer advocacy groups from across Europe. Established in 2013, it works to raise awareness, support the development of strong advocacy, and improve outcomes for those affected by lung cancer.

More information: www.lungcancereurope.eu

Lung cancer in Europe

Lung cancer remains the leading cause of cancer death in Europe. It accounts for an estimated 484,306 new cases per year - around 11.5% of all new cancer diagnoses in the region.

It is responsible for 375,569 deaths annually - nearly 21% of all cancer deaths in Europe.

(Source: GLOBOCAN 2022, see [IARC Fact Sheet: Trachea, Bronchus and Lung](#))

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Although incidence is declining in men in many European countries, rates in women have increased (Source: Chinmay Jani et al., "Lung cancer mortality in Europe and the USA between 2000 and 2017", ERJ Open Research, 2021)

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